

## **Getting the MOST out of Your CONTACT LENSES**

1. **Wash, rinse, and dry your hands thoroughly** each time *before* handling your contact lenses.
2. **Keep your contact lenses clean.** Lenses removed from your eyes must be *cleaned and disinfected* after each wearing period if they are to be reused. Contact lenses are considered *medical devices* and need to be clean to work properly and safely.
  - a. **Cleaning** helps remove film, deposits and debris that can cause *eye irritation*. Ignore “no rub” for best results.
  - b. **Disinfecting** kills germs that can cause *eye infections*. Always store your lenses in *disinfecting* solution. Sterile saline is not a disinfecting solution and is available for *rinsing* contact lenses only and *should not be used for cleaning or storing your lenses* because bacterial growth is not controlled in saline solutions.
  - c. **Carefully follow directions** that comes with your *lens care products* and *use fresh solutions every day*.
  - d. **Do not mix contact lens solutions** made by *different companies*. Adverse chemical reactions may occur and irritate your eyes and/or harm your lenses.
  - e. **Keep your contact lens case clean** and *replace* it every 4-6 weeks.
3. **Do not overwear your contact lenses.** Follow the *wearing schedule* and *lens replacement recommendations* for your lens type. *Old lenses do not let enough oxygen to the cornea* causing unnecessary problems, such as *red eyes, eye infections, and corneal ulceration*.
4. **Our office does not recommend sleeping in contact lenses.** Although several contact lens companies have lenses approved by FDA for overnight wear, your risk of eye infection *increases by 15 times over daily wear contact lenses*.
5. **Handle your lenses carefully.** They will tear with *rough* treatment or fingernail gouges. Rub *gently* to clean.
6. **Return for progress checks** as recommended by the doctor. These checks are *included* in your contact lens service fee for 90 days from the eye examination date and insure an accurate prescription and proper fit of your contact lenses.
7. **Do not insert a new contact lens** into an eye that is *red, painful or irritated*. See our doctor as soon as possible.
8. **Do not wear another person’s contact lenses or put your lenses in your mouth.** Very serious eye infections may result.
9. **Avoid getting water on your contact lenses at swimming pools, hot tubs, lakes, rivers, and tap water.** A serious infection from the protozoa, *Acanthamoeba*, may result. Thoroughly clean and disinfect your lenses after any contact with water of any type.
10. **If you have a red or sore eye, or a white spot on your cornea, remove your contact lenses and see our doctor immediately.**  
A small, but significant percentage of individuals wearing contact lenses develop serious complications which can lead to permanent eye damage and vision loss. **Have an eye and contact lens examination once each year to insure your contact lenses are not compromising the health of your eyes.** Contact lens prescriptions are valid for a 1 year supply of lenses.

**Ask questions at anytime** of our doctors or any Fishers Eye Care, LLC staff member to insure you thoroughly understand the proper handling, wearing, and care of your contact lenses. We are here to help you be a happy, healthy, successful contact lens wearer.